



California 5 a Day Campaign



PASSPORT TO MILLION DOLLAR HEALTH ANSWER SHEET

1). How many cups of fruits and vegetables should you eat every day for good health?

ANSWER: Adults and teens need 3 ½ - 6 ½ cups of fruits and vegetables each day for good health. Elementary-age children need 2 ½ to 5 cups of fruits and vegetables every day. Health is personal; to find out exactly how many cups of colorful fruits and vegetables each member of your family needs, go to www.mypyramid.gov.

2). What are three things you can do to increase the amount of fruits and vegetables in your daily meals and snacks?

ANSWER: To get more fruits and vegetables in your daily meals and snacks:

- *Pre-wash and cut fruits and vegetables for family members as snacks.*
- *Prepare fruits and vegetables in different ways (e.g., raw, steamed, in soups or casseroles, etc.)*
- *Prepare different fruits and vegetables for your family. Introduce fruits and vegetables that your family has not tried before and serve the one's that they like more often.*
- *Try fruits and vegetables in different forms (e.g., fresh, canned, frozen, and dried), and try something new each month.*
- *Place fruits and vegetables in highly visible areas. If certain fruits and vegetables require refrigeration, place them at eye-level in the middle of the refrigerator. If certain fruits and vegetables are best at room temperature, place them in a bowl where everyone can see them.*
- *Introduce a variety of colorful fruits and vegetables at each meal. Include red, yellow/orange, green, white, and blue/purple fruits and vegetables throughout the day.*
- *Talk with your family about the foods they enjoy and the health benefits of eating a variety of fruits and vegetables.*
- *Encourage family members to assist with selecting fruits and vegetables at the grocery store and/or farmers' market and preparing meals.*

3). How many minutes of physical activity should you get every day for good health?

ANSWER: Adults need at least 30 minutes of physical activity daily, and to prevent weight gain, they need about 60 minutes a day. Children and teens need at least 60 minutes of physical activity every day.

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4).What are three things you can do to increase the amount of physical activity you get every day?

ANSWER: To increase the amount of physical activity you get every day choose activities that you enjoy and can do regularly such as:

- *Join a walking group in the neighborhood or at the local shopping mall.*
- *Push the baby in a stroller.*
- *Get the whole family involved—enjoy an afternoon bike ride with your kids.*
- *Walk the dog—don't just watch the dog walk.*
- *Clean the house or wash the car.*
- *Walk, skate, or cycle more, and drive less.*
- *Do stretches or exercise while watching television.*
- *Plant and care for a vegetable or flower garden*
- *Get off the bus or subway one stop early and walk or skate the rest of the way.*
- *Take part in an exercise program at work or a nearby gym.*
- *Join work softball, bowling, or other sports teams.*
- *Swim or do water aerobics.*
- *Take a class in martial arts, dance, or yoga.*
- *Play basketball, softball, or soccer.*